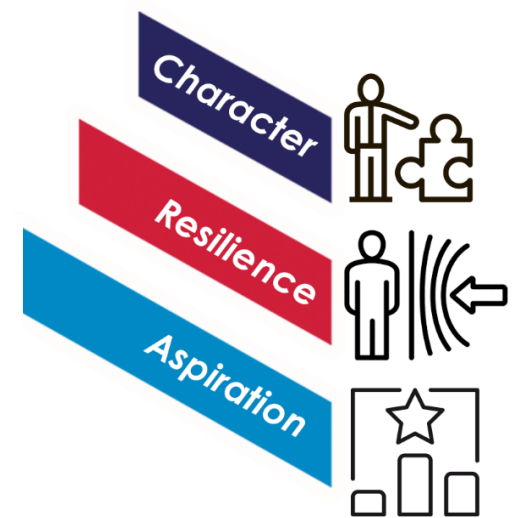


Core Values for Physical Education



Core Value	Meaning	Example
Character	<i>Character</i> is a set of personal traits or dispositions that evoke specific emotions, inform motivation and guide conduct.	<p>What does this look like in PE?</p> <ul style="list-style-type: none"> In PE we develop positive personality traits such as openness, agreeableness, and conscientiousness where pupils want to do well. If pupils develop these at a young age, they should then take them into adulthood. Sportsmanship and Gamesmanship- Being a good sport fosters good habits and positive life skills both in and out of sports games and is an important life skill for people of all ages.
Resilience	<i>Resilience</i> is the ability to adapt and cope in difficult situations and have the confidence to seek support from others.	<p>What does this look like in PE?</p> <ul style="list-style-type: none"> In PE we teach pupils to be able to accept defeat and overcome emotions in sport and come back stronger. We teach pupils how to overcome stress and anxiety through physical activity. We teach pupils to develop a growth mindset where they are willing and open to new experiences, opportunities, training whilst also being conscious of who they are.
Aspiration	<i>Aspiration</i> is the ability to form dreams, hopes, or ambitions to achieve a life goal. Developing aspirations provides a sense of purpose and direction.	<p>What does this look like in PE?</p> <ul style="list-style-type: none"> Teach pupils the opportunities that are available to them and the skills required. Create role models for pupils. Offer opportunities for pupils to explore their potential.